



An experiential  
workshop on  
a powerful new  
approach to  
coaching and  
leadership

# Ontological Coaching and Leadership *in Action*

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**SOUTH AFRICA  
2026 ONLINE**

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## INTRODUCING A UNIQUELY POWERFUL APPROACH TO LEARNING, LEADING AND COACHING

### ONTOLOGICAL COACHING AND LEADERSHIP IN ACTION

The Ontological Coaching Institute presents Ontological Coaching and Leadership in Action – a three-day workshop introducing a powerful new approach to personal and organisational coaching.

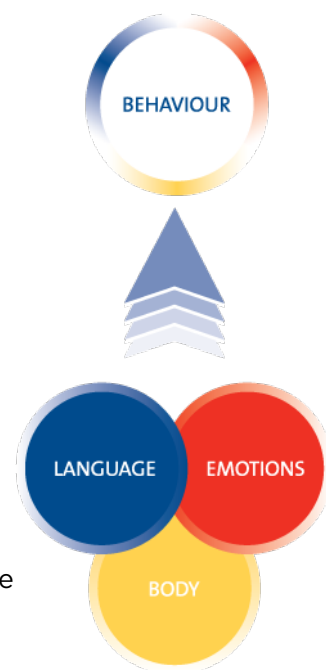
Join us for a profound learning experience that will allow you to:

- Engage with a powerful, highly effective approach to coaching and leading, capable of generating deep positive change
- Greatly increase your own ability and capacity for masterful living and action
- Lead authentically with greater influence and impact
- Develop more constructive and mutually fulfilling relationships in both your personal and professional life

Ontological Coaching is an extraordinarily powerful methodology for generating real change at the individual, team and organisational level. It is highly effective because it is based on a new practical understanding of the power of language, moods and conversations for sustainable behavioural and cultural change.

**Ontological Coaching** focuses on our **Way of Being**, which is a dynamic interrelationship between three areas of human existence – **language, emotions and body**.

Way of Being contains our often deep-seated perceptions and attitudes and is the underlying driver of our behaviour and communication. Ontological coaching has a holistic orientation that respectfully generates learning in all three areas of language, emotions and body as the catalyst for substantive and sustainable change.



**WAY OF BEING**

*“Theory without practice is foolish, practice without theory is dangerous.”*

Ancient Chinese Philosophy



**Ontological  
Coaching Institute**

*Observing differently*



## WHO WILL BENEFIT FROM ATTENDING THIS WORKSHOP?

Ontological Coaching and Leadership in Action is highly applicable for:

- Existing and aspiring coaches
- Organisational consultants, leaders and managers
- Professionals operating in highly people focused environments
- Individuals interested in substantive personal development

**Completing this three day workshop is a necessary pre-requisite for joining the 18 month Certified Ontological Coaching and Leadership Program.**

## ICF APPROVED COACH EDUCATION

This workshop is recognised by the ICF as 24 Continuing Coach Education Units (CCEU) in Core Coaching Competencies.

## WORKSHOP CONTENT

The workshop is interactive and highly experiential and includes coaching practice.

At the end of the workshop, you will be able to:

- Understand the conceptual framework and principles of Ontological Coaching
- Understand how specific linguistic actions shape reality and how they can be used effectively in coaching to shift behaviour
- Apply a different and deeper approach to the role of listening in coaching
- Understand the pivotal role of moods and emotions in coaching for deep and sustainable change
- Recognise, work with and shift the ways moods and emotions impact on communication, behaviour and performance
- Observe and work with the interconnection between basic moods, body posture and language

# About

## ABOUT THE ONTOLOGICAL COACHING INSTITUTE

The Ontological Coaching Institute (OCI) is an international educational, coaching and consulting company specialising in the development of coaches, leaders and managers.

As one of the most highly regarded coach training schools globally, the OCI specialises in a powerful and highly effective methodology called Ontological Coaching. Whilst there is substantial intellectual foundation to Ontological Coaching, the OCI's coach training programs are highly practical and 'hands on'.

### Karen White

Karen brings 20 years of corporate experience, including senior management roles, where her commitment to learning shaped her leadership approach. She has extensive experience working with individuals, teams and organisations, helping them achieve meaningful results and bring out their best.

Karen is an ICF Master Certified Coach as well as the Director of Training for the Certified Ontological Coach Program. She is committed to advancing the coaching profession and contributing to the global development of skilled, impactful coaches

### Michelle Edwards

Michelle Edwards is an ICF Professional Certified Coach with 12 years' experience in coaching and facilitation. She works with individuals and small teams to deepen awareness of their way of being, and how their thoughts, feelings, histories, and interpretations shape how they relate, interact, and navigate life's challenges.

Michelle is the Johannesburg representative for the Ontological Coaching Institute, co-facilitates its three-day introductory program (OCLiA), and is part of the facilitation team for 18-month coach training program (COCLP), supporting the development of new ontological coaches.

# Comments

## WHAT PARTICIPANTS SAY ABOUT THE PROGRAM

"I had a wonderful 3 days on the course. It was deeply and profoundly helpful in cementing the coaching learning I'd done to date and provided some wonderful deepening of insight around concepts such as listening, asking permission and working in the body. I personally felt so much more settled in my coaching afterwards with the need to "perform" dropping away significantly. I felt the three days offered me the ease I was looking for and so valued how safe and cared for I felt by Karen, Tshepo and Alan. There was such a beautiful gentleness in the approach that invited curiosity, experimentation and not being too serious."

**Ruth Penfold-Chan**  
Leadership and Organisational Transformation Coach

An incredibly well-crafted course that offer a rich perspective on how to observe differently and show up with intention. Karen and Tshepo are exceptionally skillful facilitators, and their wealth of experience and energy, combined with that of the class network, has had lasting impact on my life and career'.

Linda Keun  
HR Director, Broadreach

"This three day course is rich in learning, deep in meaning and highly practical for supporting yourself, your leadership and your coaching to thrive in life and business.

If you are looking to take your leadership and coaching to the next level and support others navigate the complexities of today in ways that generate a language of choice, a feeling of agency and a body that is open, relaxed and supportive, I highly recommend this course and experience."

**Jane Adshead-Grant,**  
London, UK

# Workshop Dates & Fees For 2026

## REGISTRATION FORM: ONTOLOGICAL COACHING AND LEADERSHIP IN ACTION WORKSHOP

| WORKSHOP DATES           | WORKSHOP TIMES  | STANDARD FEE (EXCL VAT) | EARLY BIRD FEE (EXCL VAT)                 |
|--------------------------|-----------------|-------------------------|-------------------------------------------|
| 8, 9 & 11 September 2026 | 8.30am – 5.30pm | R12 000 excl VAT        | R10 500 excl VAT (payable by 16 Aug 2026) |

PLEASE RETURN COMPLETED FORM & PROOF OF PAYMENT BY EMAIL (see options below): **karen@toci.co.za**

**WORKSHOP DATES FOR 2026** Please choose:

☐ 8, 9 & 11 September 2026

**VENUE: Online**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town/City: \_\_\_\_\_

Postcode: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

VAT No: \_\_\_\_\_

Please provide invoicing details below:

Company Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

Email to: \_\_\_\_\_

I wish to pay (please tick)

☐ **EARLY BIRD FEE: R10 500 (excl VAT)**  
(payment to be received in full by specified date)

☐ **STANDARD FEE: R12 000 (excl VAT)**

**PAYMENT METHOD BY EFT TO:**

**Account Name:** Ontological Coaching Institute  
**Bank:** First National Bank  
**Account Number:** 62812276683  
**Branch Code:** 20-14-09

**REF:** Please use your name or company name

### REGISTRATION CANCELLATION POLICY:

- Full refund less 15% administration fee for cancellation 31 days or more before workshop date.
- 50% refund for cancellation 16-30 days before workshop.
- No refund for cancellation less than 15 days before workshop.
- Returning a completed registration form and payment of your course fees will be deemed an acceptance

### FOR ENQUIRIES AND FURTHER INFORMATION:

Please contact:

**Karen White**

karen@toci.co.za

083 455 4744